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ABSTRACT

This guide by a yoga instructor and mother of a child with Down Syndrome is intended to provide specific instructions on the use of yoga with infants and young children having Down Syndrome, cerebral palsy, or learning disabilities. Part 1 contains narratives on the use of yoga including the story of Roberta, the author's daughter, and other case histories and testimonials. Part 2 presents a handbook for using yoga with the special child. Chapters cover: (1) basic principles of yoga, (2) the early stages of development and a questionnaire for parents of yoga students, (3) the preparatory stages of early intervention (birth to 6 months), (4) the inductive stage, initiating "asanas" (6 months to 1 year), (5) the interactive stage, boosting the level of participation (1 to 2 years), (6) the imitative stage, developing independence (2 to 3 years), and (7) teaching group classes (ages 3 and up). These chapters typically provide detailed step-by-step instructions and illustrations for teaching specific exercises and yoga positions. A glossary is also provided. (DB)

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